

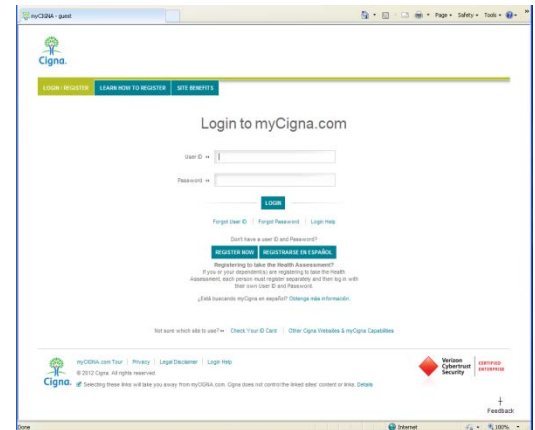
Health Assessment Process

Start your Health Assessment **AFTER** you complete your Biometric Screening and have **RECEIVED** your Cigna Medical Identification Card.

STEP 1

Go to www.myCigna.com

- If you have not previously registered for *my health & wellness center* or **myCigna**, select the “Register Now” button and complete the registration process. You will need to provide your name, address, date of birth, and Cigna Medical ID card number.
- If you have previously registered for *my health & wellness center* or **myCigna**, log in with your User ID and Password.

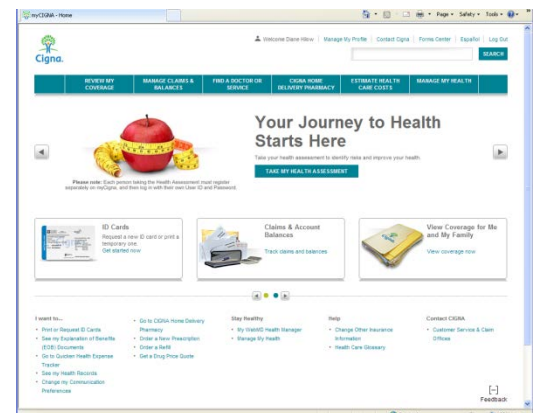


STEP 2

Select the “Take My Health Assessment” link on the homepage

- Look for the red apple in the center of the screen. The health assessment link will be one of the rotating options on the homepage.

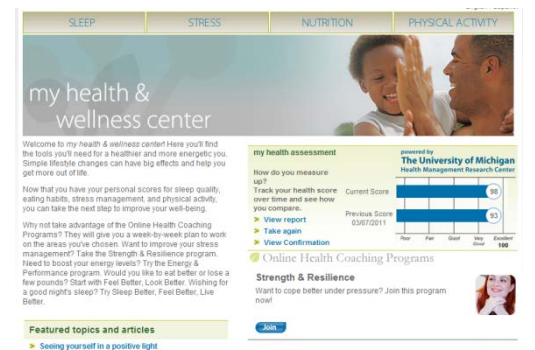
After selecting “Take My Health Assessment” you will be transferred to the *my health & wellness center* homepage



STEP 3

Click in the “My Health Assessment” box to take the Health Assessment.

- Allow up to 30 minutes to complete the assessment.



Confirmation of completion will be sent to the Employee Benefits Division and your benefits record will be updated. Please allow up to two months for the premium reduction to be reflected in your paycheck. A retroactive credit will be paid as long as you completed the screening within 45 days of your benefit eligibility date.